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CALIFORNIA STATE BOARD OF HEALTH

Weekly

Bulletin

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EDITOR

Guard Against Diphtheria Now.

Children who have never had diphtheria and who enter school for the first time next fall are liable to contract this severe disease when they come into contact with large groups of children after school begins. The danger of contracting diphtheria may be absolutely prevented, however, if parents will have children immunized against the disease. This requires three visits, each a week apart, to the physician. The administration of the immunizing material causes little or no pain and the child suffers no inconvenience through the procedure.

The Bureau of Child Hygiene of the California State Board of Health, working in cooperation with local health authorities, is conducting a series of examinations of preschool children in order to determine their physical fitness for entering school. The Bureau endorses and sponsors the immunization against diphtheria of all such children, and an important part of the local campaign consists of the stimulation of activities that will lead to making all preschool children of this community full proof against diphtheria. The examinations of these children will cover a wide range, however, and a complete search for physical defects will be made. Eyes, ears, nutrition, posture, teeth, tonsils, skin, nose, throat and back are thoroughly examined and recommendations are made for the correction of any defects that may be discovered.

Questions For Parents To Answer.

Parents, who have children who are about to enter school for the first time, should ask themselves a number of questions like the following:

Is my child physically fit to enter school?

Has he any defects, and if so, how serious are they?

Is he growing?

Are his height and weight proper for a child of his age?

Does he stand correctly or does he droop?

Is his gait proper or does he limp?

Are his eyes all right and can he hear well?

Is his skin clear?

Does he breathe through his nose?

Has he good, sound teeth?

Is his throat in good condition; are his tonsils swollen or diseased?

Is his back strong?

Has he flat feet?

Does he eat the foods that will make him grow?

Only a competent examiner can answer these questions and the Bureau of Child Hygiene of the California State Board of Health, in cooperation with local health authorities, will conduct examinations in this community, free of cost, where parents may obtain answers to these important questions. Every parent should know whether or not his child is suffering from any physical defect and steps should be taken for the correction of any such defect before the child enters school next fall.

Physical Defects Handicap Children.

Many thousands of young children will enter school in California next fall. It is safe to state that at least seventy per cent of such children have physical defects which are correctible. These defects will not only constitute handicaps to the physical and educational welfare of the children themselves, but they will also cause the losses of large sums of public money through wasted educational facilities. Many of these defects, if allowed to go uncorrected, will develop into permanently handicapping physical conditions. Thousands of adults are today suffering from physical handicaps as a result of defects which were present in infancy undiscovered, since neglected and never corrected.

The best time to take stock of the physical condition of a child who will enter school next fall is the present. Defects should be discovered and corrected, if possible, six months before

entering school. Then the child will suffer from no possible inconvenience and is fully ready and equipped to enter the serious work that school life brings. A complete physical examination is the one great means of checking up on the physical condition of either child or adult. Such an examination will detect and enable to have corrected any physical defects which, if not discovered and removed, may develop later into chronic handicaps that will handicap the adult through his entire life. The Bureau of Child Hygiene of the State Board of Health working with local people will examine children of preschool age at no cost.



Butte County Immunizes Children.

Six hundred and fifty-six children of Butte County have been immunized against diphtheria in a campaign undertaken by Dr. Caldwell, County Health Officer, and Anna Sokoll, public health nurse, with the assistance of local physicians.

REASONS FOR SANITATION.

As exemplified in the daily routine of the average worker, "Man is a gregarious animal whose tendency is to foul his abode."

This syllabus does not cover direct contact in communicable diseases.

<i>Divisions of Day</i>	<i>Necessitating Sanitation</i>	<i>Most Common Diseases</i>
MORNING—		
Awake		(1)
Bowels and Urine	Sewer and Sewerage	Typhoid
Wash	Water	Cholera
Breakfast	Food-milk-water	Diarrhœa
	Garbage	Dysentery
FORENOON—		
Work	Industrial	(2)
Urine	Sewage	Scarlet Fever
Wash	Water	Septic Sore Throat
Lunch	Food-milk-water	Malta Fever
	Garbage	Diphtheria
		Tuberculosis
AFTERNOON—		
Work	Industrial	(3)
Refreshment	Food-milk-water	Botulism
	Garbage	Trichina
		Intestinal Parasites
Work	Industrial	
Urine	Sewage	(4)
Wash	Water	Rats
Dinner	Food-milk-water	Plague
	Garbage	
EVENING—		
Recreation	Ventilation	(5)
	Mosquitos	Industrial Occupational Diseases and Poisons
Urine	Sewage	(6)
Wash	Water	Tuberculosis
Sleep	Cubic Capacity	(7)
	Vermin	Malaria
		Yellow Fever
		Dengue Fever
		(8)
		Plague
		Typhus

Hand Shaking Transfers Infections.

Shaking hands is probably too firmly fixed as an established custom to ever be abandoned by the American people. There is no doubt that it is a hazard to health as are many other social customs. At any rate, the following from the Canton Health News is well worth reading and thinking about:

"The question has often occurred to us: Why is a handshake? Isn't it only a relic of the past with which we might profitably dispense. Much has been written about the custom, its origin and its meanings; yet nothing to justify it from a sanitary standpoint.

That it can convey infection can be proved by laboratory tests. The warm, moist surface of the hand forms a very favorable resting place for bacteria while waiting for further transfers to our friends. Germs are no respecters of persons or relationship. The most devoted of parents are physically just as capable of transferring infection to their children as any one else. The honest, hearty handshake may and frequently does transfer just as many pathogenic bacteria as though a deadly enemy were concealing his mortal designs in such a greeting.

It is a strange thing, but nearly universal, that people cough and sneeze into or upon their right hands—the ones with which they shake hands. Germs cling very readily to the skin of the hands, and its requires much mechanical and chemical scrubbing and disinfection to remove them; yet, sociable little things that they are, they are ever ready to transfer their affections from one hand to another, or from hand to lip or food. Under ordinary conditions the human hand is a culture bed of germs and liable at any time to have its millions of germs augmented, or transferred, as the occasion presents. If you want to realize the possibilities of the transfer of diseases by the hand just watch any one for a day and see where he puts his hands, what he allows to touch and soil them and how democratic he is in passing his germs along to his friends and family.

That the custom of handshaking will ever go out of use may be doubted, but that it is a means of conveying disease is susceptible of scientific demonstration. Our only hope is that people, realizing the danger, will take

every precaution against putting their hands where they may either acquire or transmit infection. The Chinese have a very commendable custom of shaking their own hands when meeting friends, a custom we might well adopt. We make a lot of fun of China, but often may profit by her ancient wisdom if we but would. At least, your own germs will stay at home if you shake your own hand."



MORBIDITY.*

Diphtheria.

135 cases of diphtheria have been reported, as follows: Alameda 1, Albany 1, Berkeley 3, Oakland 8, Butte County 8, Chico 2, Kern County 7, Los Angeles County 13, Glendale 2, Long Beach 3, Los Angeles 47, Redondo Beach 1, San Fernando 1, San Gabriel 1, Whittier 1, Torrance 1, South Gate 1, Mendocino County 3, Merced County 1, Orange County 1, Santa Ana 2, Riverside County 1, San Bernardino 3, San Diego 1, San Francisco 9, San Joaquin County 1, Lodi 1, Stockton 2, San Mateo 1, Siskiyou County 1, Benicia 1, Sonoma County 2, Yuba City 1, Tulare County 2, Yolo County 1.

Scarlet Fever.

180 cases of scarlet fever have been reported, as follows: Alameda 2, Berkeley 6, Livermore 1, Oakland 13, San Leandro 1, Amador County 2, Butte County 4, Chico 1, Colusa County 5, Fresno County 1, Imperial County 2, Kern County 2, Bakersfield 1, Taft 1, Los Angeles County 13, Alhambra 2, Covina 2, El Segundo 1, Long Beach 7, Los Angeles 25, Monrovia 1, Pasadena 1, Pomona 1, Whittier 5, Hawthorne 2, South Gate 2, Signal Hill 1, Merced County 1, Calistoga 1, Orange County 1, Anaheim 1, Fullerton 1, Huntington Beach 3, Orange 1, Santa Ana 5, Placer County 2, Roseville 1, Sacramento 1, San Bernardino 2, San Diego County 1, San Diego 3, San Francisco 21, San Joaquin County 1, Stockton 1, San Luis Obispo County 1, Paso Robles 1, Redwood City 1, San Mateo 1, Santa Clara County 7, Gilroy 1, Palo Alto 1, San Jose 8, Santa Clara 1, Stanislaus County 1, Tulare County 2, Porterville 1, Visalia 1, Ventura 1.

Measles.

2619 cases of measles have been reported, as follows: Alameda County 2, Alameda 8, Berkeley 23, Oakland 59, San Leandro 3, Amador County 72, Fresno County 6, Kingsburg 1, Orland 10, Eureka 10, Imperial County 9, Calexico 1, Kern County 6, Bakersfield 1, Kings County 5, Hanford 1, Lemoore 1, Los Angeles County 225, Alhambra 18, Arcadia 7, Azusa 3, Beverly Hills 4, Burbank 4, Compton 25, Covina 1, El Monte 8, El Segundo 3, Glendale 206, Glendora 1, Hermosa Beach 6, Huntington Park 5, Inglewood 4, Long Beach 49, Los Angeles 540, Manhattan Beach 1, Monrovia 41, Montebello 1, Pasadena 180, Pomona 16, Redondo Beach 1, San Fernando 2, San Gabriel 7, South Pasadena 14, Whittier 4, Lynwood 2, Hawthorne 1, South Gate 4, Monterey Park 2, Madera County 8, Mill Valley 1, San Rafael 1, Merced County 1, Gustine 7, Merced 3, Monterey County 19, Carmel 7, King City 34, Orange County 63, Anaheim 21, Brea 4, Fullerton 2, Huntington Beach 1, Newport Beach 5, Orange 7, Santa Ana 56, Seal Beach 2, La Habra 4, Auburn 1, Riverside County 43, Riverside 37, San Jacinto

*From reports received on April 25th and 26th, for week ending April 23d.

6, Sacramento 11, Ontario 15, Upland 3, San Diego County 58, Coronado 27, National City 7, San Diego 286, San Francisco 101, San Joaquin County 38, Manteca 7, Stockton 9, San Luis Obispo County 1, Paso Robles 4, Burlingame 13, Redwood City 1, San Mateo 1, Santa Barbara County 12, Santa Clara County 13, Gilroy 6, Los Gatos 16, Mountain View 1, Palo Alto 4, San Jose 8, Santa Clara 2, Sunnyvale 1, Watsonville 4, Siskiyou County 2, Yreka 5, Benicia 1, Vacaville 1, Healdsburg 1, Turlock 1, Trinity County 1, Tulare County 6, Dinuba 5, Porterville 5, Ventura County 2, Ventura 4.

Smallpox.

36 cases of smallpox have been reported, as follows: Oakland 18, Los Angeles County 1, Marin County 1, Mill Valley 4, Monterey County 1, Salinas 1, Sacramento 1, Redwood City 1, Placer County 1, Santa Clara County 1, Mountain View 2, Sunnyvale 2, Oakdale 1, Tulare County 1.

Typhoid Fever.

18 cases of typhoid fever have been reported, as follows: Glenn County 8, Humboldt County 1, Imperial County 1, Los Angeles 1, San Francisco 1, Solano County 1, Santa Paula 4, California 1.

Whooping Cough.

195 cases of whooping cough have been reported, as follows: Alameda 1, Albany 2,

Berkeley 22, Oakland 24, Colusa 1, Kings County 3, Hanford 7, Lemoore 9, Los Angeles County 6, Alhambra 1, Glendale 4, Long Beach 23, Los Angeles 19, Monrovia 4, Pasadena 6, Pomona 1, South Pasadena 1, Torrance 1, Grass Valley 3, Orange County 2, Anaheim 1, Brea 2, Santa Ana 1, Auburn 1, Riverside 3, San Bernardino 2, San Diego County 2, San Diego 6, San Francisco 26, Stockton 3, San Luis Obispo County 2, Santa Barbara County 2, Solano County 2, Benicia 2.

Leprosy.

Fresno County reported one case of leprosy.

Poliomyelitis.

San Francisco reported three cases of poliomyelitis.

Meningitis (Epidemic).

Ten cases of epidemic meningitis have been reported, as follows: Butte County 1, Fresno County 1, Long Beach 1, Los Angeles 2, Sacramento County 1, Sacramento 1, San Francisco 2, Ventura 1.

Encephalitis (Epidemic).

Four cases of epidemic encephalitis have been reported, as follows: Oakland 1, Los Angeles 1, San Francisco 1, Petaluma 1.

Botulism.

South San Francisco reported one case of botulism.

COMMUNICABLE DISEASE REPORTS.

Disease	1927				1926			
	Week ending			Reports for week ending April 23 received by April 26	Week ending			Reports for week ending April 24 received by April 27
	April 2	April 9	April 16		April 3	April 10	April 17	
Anthrax.....	0	0	0	0	0	0	0	0
Botulism.....	0	0	0	1	0	0	0	0
Chickenpox.....	621	624	428	478	280	284	313	274
Diphtheria.....	165	117	101	135	127	98	85	95
Dysentery (Bacillary).....	1	0	0	0	5	1	0	2
Encephalitis (Epidemic).....	2	3	3	4	3	0	3	0
Gonococcus Infection.....	116	82	81	103	350	95	74	81
Influenza.....	116	62	18	38	31	30	60	17
Jaundice (Epidemic).....	0	0	0	0	0	0	0	0
Leprosy.....	1	0	0	1	0	1	0	0
Malaria.....	1	1	1	1	2	1	2	0
Measles.....	3329	3413	2613	2619	135	195	231	295
Meningitis (Epidemic).....	9	10	6	10	5	2	8	1
Mumps.....	364	318	233	185	398	234	358	297
Paratyphoid Fever.....	0	0	1	0	2	0	1	1
Pneumonia (lobar).....	114	63	50	52	99	56	49	37
Poliomyelitis.....	3	2	1	3	1	2	2	1
Rabies (Animal).....	7	7	13	7	1	11	7	10
Rabies (Human).....	0	0	0	0	0	0	0	0
Rocky Mt. Spotted Fever.....	0	0	0	0	0	0	1	0
Scarlet Fever.....	232	233	195	180	152	101	133	105
Smallpox.....	32	42	28	36	160	82	86	100
Syphilis.....	170	162	85	92	231	181	123	85
Tetanus.....	1	0	1	1	3	0	2	1
Trachoma.....	2	3	0	1	2	1	5	2
Trichinosis.....	0	0	1	14	0	0	0	0
Tuberculosis.....	209	217	186	184	254	218	259	148
Typhoid Fever.....	12	6	11	18	12	12	76	12
Typhus Fever.....	0	0	0	0	0	1	0	0
Whooping Cough.....	203	196	130	195	88	83	50	70
Totals.....	5710	5561	4186	4358	2341	1689	1928	1634

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